

SENIOR REVIEW

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Spokane



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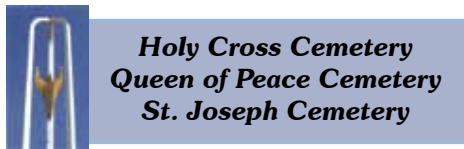
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Don't let aches and pains slow you down

We all know the feeling that comes with the first great day of spring. When the sun is shining, the air smells sweet and fresh and the temperatures are warm, we all feel the urge to get outside and throw off the confinement of the winter months. Whether you're an avid athlete, a dedicated gardener or someone who's been meaning to get started on an exercise program, the arrival of spring is one sure way to get you moving.

No one is immune from the desire to get outdoors and do something active while enjoying the weather - and that includes people with chronic pain issues. Whether you're dealing with arthritis or trying to treat carpal tunnel syndrome, the threat of pain is one of the most challenging obstacles to overcome



for those who want to live an active lifestyle, because no one wants to take the risk of aggravating their health problems.

But even if you're living with pain, it's essential to heed the call of the outdoors this spring and be active. There are plenty of ways to mitigate pain issues and avoid further injury. The important thing is to consult your doctor and to work out a plan together that will let you get the exercise you want and need without worsening your pain. And, in fact, exercising can be an important part of overcoming some of those issues - as long as it's done in the right way.

There are a lot of activities that we all love to do that require a lot of repetitive motion. Tennis is a popular sport for all ages, and a game that can be played over a lifetime, but for people suffering from joint pain and carpal tunnel syndrome (CTS), the repeated swinging motions required for a good volley can drive them off the court.

...more on page 11

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Spokane



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SEMINARS/CLASSES/EVENTS/MEETINGS

MONDAY & THURSDAYS

SPOKANE: "Free Osteoporosis Screenings", 9:00 am-Noon at Deaconess Medical Center, 800 West 5th Ave., Main lobby, Volunteer Office

MONDAY & WEDNESDAYS:

SPOKANE: "Walking Group" Physical activity can improve your mood and your health. Limited health screening offered monthly. All levels of fitness welcome. Meet every Monday and Wednesday. 12:00-1:00 pm at Downtown YMCA, 507 N Howard. Free and open to the public. To register call (509) 232-8138

TUESDAYS & FRIDAYS

SPOKANE VALLEY: Free Osteoporosis Screenings, 9:00 am-Noon at Valley Hospital and Medical Center, 12606 E Missions Ave, Outpatient Lobby

WEDNESDAYS:

SANDPOINT: Healthcare Provider CPR classes are ideal for dental hygienists, family practice nurses and CNAs. Held every third Wednesday of the month at the Brown House basement from 8:00 am-10:00 am for Bonner General Hospital staff as well as community healthcare providers. There is an exam prior to attending. Fee: \$25 For complete details contact Bonner General Hospital (208) 263-1441 or Deven Fredericks in the Education Department at (208) 263-1441, ext. 1491

THURSDAYS

COEUR D'ALENE: "Free Class on Joint Replacement". Plan now to return to an active life after joint replacement surgery. 6:00-7:00 pm the last Thursday of each month at Ivy Court, 2200 Ironwood Place. For information call: (208) 667-6486

SATURDAYS

COEUR D'ALENE: "Joint Replacement Education" Plan now to return to an active life. Free class the last Thursday of each month, 6:00-7:00 pm at Ivy Court, 2200 Ironwood Place. Contact: (208) 667-6486

SANDPOINT: First Aid/CPR classes are offered on the third Saturday of each month (excluding holidays) from 8:45 am until 3:00 pm. CPR-only classes begin at 12:30 pm. For additional information call Deven Fredericks in the Education Department of Bonner General Hospital at (208) 263-1441, ext. 1491

SUNDAYS


SPOKANE: Second Sunday of each month, there's a dance lesson and two hours of live music by "Hot Club of Spokane" (20s & 30s style hot jazz) at the Southside Senior Activity Center. \$10 admission, or \$7 for students/seniors. Wine/Beer no-host bar.



Spokane



RIVERVIEW
RETIREMENT COMMUNITY



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SPOKANE CITY CREDIT UNION



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CALENDAR

MARCH 1-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 1-SPOKANE: "Intercultural Caregiver: Developing Understanding to Provide Compassionate Care" This training will provide caregivers with tools for successful intercultural communication and relationship building. 1:00-6:00 pm. Taught by Carlee Howie. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

MARCH 2-SPOKANE: "Diabetes Support Group" This setting gives you the opportunity to ask questions and participate in discussion with other community members touched by diabetes. This discussion will be facilitated by a CHER Certified Diabetes Educator. 6:00-7:00 pm at Deaconess Health and Education Center, 910 W 5th Ave. Free. No registration required. For questions call (509) 232-8145

MARCH 3-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 3-SPOKANE: "Introduction to Developmental Disabilities" Topics include discussion of developmental disabilities including resource

availability. 4:00-9:00 pm. Taught by Sherri Sily. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 4-SPOKANE: "Alzheimer's: What it Is & What it is Not" Symptoms and stages of Dementia" Features videos showing lessons learned and gifts received from caregivers journeys as well as examples and leading edge brain scans. 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 4-COEUR D'ALENE: "Finding Meaning & Purpose In The 'Long Goodbye'". This workshop is especially designed for 'hands on' caregivers. Facilitator is Dr. JR Seaman, PhD. Dr. Seaman is a professor who teaches Aging in the 21st Century, Human Behavior in the Social Environment and Biological Psychology at Lewis-Clark State College & Family Policy for Boise State College. 6:30-8:30 pm at Heritage Place, 702 W Walnut. Free and open to the public. Limited seating and parking, reservations required. Contact J.J. Christo, RN, Alzheimer's Association (208) 666-2996

MARCH 5-SPOKANE: "Modified Fundamentals of Caregiving" Community Education Training by Aging and Long Term Care of Eastern Washington. Nurse Delegation, and Nurse Delegation with focus on Diabetes. At Caregiver Training Center, 1235 N Post. To register call (509) 458-2509, ext. 266

MARCH 6-SPOKANE: "6th Movin' & Groovin' Fair" Sponsored by Corbin Senior Activity Center, 827 W Cleveland. 8:00 am-2:00 pm. Free admission. Includes free screenings,

Spokane Valley



Coeur d'Alene



Post Falls



CALENDAR (continued)

free raffles, free massages, free Avista Engery Seminar Informational booths, lunch and more. For information contact: Christina Richardson (509) 327-1584

MARCH 8-SPOKANE: "Quit and Win Tobacco Program" Quitting smoking isn't easy, especially when you try to do it on your own. This free program offers classes two times per month, felxible quit dates, chances to win prizes at each class once you quit, and support to help you quit and stay quit. 6:00-7:00 pm at Providence Holy Family Health Education Center, 5633 N Ligerwood. Free. For questions call (509) 232-8138

MARCH 8-SPOKANE: "Diabetes Basics" Discuss types of diabetes, monitoring, diet, medicatoins, treatment of low blood sugar and complications. Taught by Tory Lucas, RN, CDE, CCRN. 9:00 am-2:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Classroom, 1235 N Post. For additional information call (509) 458-2509

MARCH 8-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 8-SPOKANE: "Are carbohydrates good or bad?" Are all fats equal? Is a high protein diet a healthy diet? What role do vitamins and minerals play in good health? Should I be taking supplements? Review sound nutrition principles with a registered dietitian to help you determine the right nutrition strategies for healthy living. 6:00-7:30 pm at Providence Sacred Heart Medical Center, 101 W 8th Ave. Free. To register visit www.cherspokane.org.

MARCH 9-SPOKANE: "Are You Confused By Medicare Advantage Plans?" Do you need help sorting through all the Medicare Advantage plans to see if one is right for you? You may attend a FREE, non-biased one-on-one assistance program from an advisor from Statewide Health Insurance Benefits Advisor (SHIBA). To be held at Aging and Long Term Care of Eastern Washington, 9:00 am-4:00 pm. You will be helped on a first come, first served basis. For more information call Margaret or Kathy at (509) 458-2509

MARCH 10-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 11-SANDPOINT: "Family Problem Solving With Elder & Dementia Caregivers" 2:00-4:00 pm. Speaker is Jonnie Bradley, Certified Professional Mediator. To be held at The Bridge, an assisted living community at 1123 N Division. Free and open to the public and sponsored by the Alzheimer's Association. For more information call (208) 263-1524 or the association at (208) 666-2996

MARCH 11-SPOKANE: "Grand Reopening of Harbor Glen" 4:00-5:30 pm at Harbor Crest Retirement Community, 3117 E Chaser Lane. Enter to win a Free night's stay at the Coeur d'Alene Resort. Wine tasting, delicious hor d'oeuvres, guided tours, door prizes and giveaways. Please RSVP by March 8th to (509) 443-8500

CALENDAR (continued)

Liberty Lake



Southern Idaho



MARCH 12-SPOKANE: "Taste of Tomorrow" 10:30-12:00 pm. Rockwood Retirement Communities wants your ideas and input on their expansion to make sure they continue to be a reflection of what seniors are looking for in the future. You can preview architectural drawings for their new building, learn about their plans and enjoy a free lunch. To reserve your seat call 877-720-1792

MARCH 15-SPOKANE: "Walking Groups" Physical activity can improve your mood and your health. Stay active by joining one of CHER's weekly indoor guided walking groups. All levels of fitness welcome. 9:00-10:00 am at Northtown Mall, 4750 N Division. Meet indoors, Lover Leveal, Sears entrance. Fee: Free. For more information visit www.cherspokane.org

MARCH 15-SPOKANE: "Golf Outing" Sponsored by Corbin Senior Center. Leave Corbin at 10:00-10:30 am to play Sundance Golf Course. Men and Women. To register call (509) 327-1584 or go to our website at www.corbinseniorcenter.org

MARCH 15-SPOKANE: "Advanced Diabetes" Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/recognition, insulin pumps, continuous glucose monitoring and exercise. Taught by A. Burton, RN, CDE. 9:00 am-2:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 18-SPOKANE: "It's a Bunco Party!" 1:00-3:00 pm at Corbin Senior Center. \$5.00 prepaid by March 11. To be held in the dining room. The object of the game is to accumulate points for prizes. (509) 327-1584

MARCH 18-SPOKANE VALLEY: "Identity Theft Seminar" 5:30-6:30 pm. This seminar is with Jim Stickley, VP of Engineering and CTO of Trace Security, a leading provider of risk management and security compliance solutions. Jim is the author of *The Truth About Identity Theft*. Hosted by Numerican Credit Union at their

headquarters at 14610 E Sprague. Fee: Free. RSVP to (509) 462-6209 or email: ljacot@numericacu.com

MARCH 19-SPOKANE: "Modified Fundamentals of Caregiving" Community Education Training by Aging and Long Term Care of Eastern Washington. Nurse Delegation, and Nurse Delegation with focus on Diabetes. At Caregiver Training Center, 1235 N Post. To register call (509) 458-2509, ext. 266

MARCH 22-SPOKANE: "Skin Care, Wounds, Ostomies & Incontinence: What You Need To Know" Discussing issues, complications, treatments and preventive measures. What's your role as a caregiver? Taught by Amy Schaffner, RN, CWOCN. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509



CALENDAR (continued)

MARCH 23-SPOKANE: "Dealing with Aging & Down's Syndrome" Learning to work with a new aging population. Discussing medical issues, behavioral problems and frustrations as a caregiver. 9:30 am-2:30 pm. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 24-SPOKANE: "Exercise Is NOT a Four Letter Word" Learn how to incorporate physical activity-fitness and strengthening for ADL's your specific client's needs and level of ability. 12:00-5:00pm. Taught by Betty Wyrick, RDT. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 24-POST FALLS: "Living with Grief: Cancer and End-of-Life Care" Hosted by Hospice of North Idaho at the Workforce Training Center in Post Falls. This is the Hospice Foundation of America's 17th Annual National Bereavement Teleconference. This year's live teleconference will address care options related to cancer diagnoses, psychological aspects of cancer, patient management, ethical issues, as well as grief and loss reactions for patients, families and professional caregivers. 10:00 am registration, conference 10:30am -2:00 pm Fee: \$15 and includes a sack lunch. For more information please call Jackie at (208) 772-7994

MARCH 24-SPOKANE: "Taste of Tomorrow" 10:30-12:00 pm. Rockwood Retirement Communities wants your ideas and input on their expansion to make sure they continue to be a reflection of what seniors are looking for in the future. You can preview architectural drawings for their new building, learn about their plans and enjoy a free lunch. To reserve your seat call 877-720-1792

MARCH 25-SPOKANE: "Family members as Caregivers" Strategies to help family members negotiate and balance multiple roles and responsibilities to maximize the long-term joy of caregiving while minimizing stress and exhaustion. 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 26-SPOKANE: "My Way or the Highway!" Conflict resolution and communication skills. Practice that you learn. 8:00 am-1:00 pm. Taught by Kelly Moore. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 27-SPOKANE: "Time Management" Learn how to achieve more with your time and how to use your time more effectively. 9:00 am-2:30 pm. Taught by Christine Bresnahan-Johnson. Sponsored by Aging & Long Term Care of Eastern Washington in the Jim Snider Room, 1222 N Post. For additional information call (509) 458-2509

MARCH 28-SPOKANE: "Spring Fling Fashion Show and Brunch" Hosted by Rockwood Lane Retirement, E 221 Rockwood Blvd. Come share a terrific brunch while shopping for spring. Fee: \$15. To RSVP call Jeannette at (509) 220-7237. Email: jmcnally@ccspokane.org

MARCH 29-SPOKANE VALLEY: "Senior Empowerment Exposition." 1:00-4:00 pm. Local professionals from various fields serving seniors will be there to answer your questions. Sponsored by Spokane Valley Senior Center, 2426 N Discovery Place. For information call (509) 926-1937

MARCH 29-SPOKANE: "Blood Borne Pathogens" Information on HIV/AIDS, MRSA and blood borne pathogens. What you need to know as a caregiver. 9:00 am-2:00 pm. Taught by Sherri Sly. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

MARCH 30-SPOKANE: "Community Resources: An overview of community resources. 9:00 am-2:30 pm. Taught by Becky Tiller, LMHC. Sponsored by Aging & Long Term Care of Eastern Washington in the Caregiver Training Room, 1235 N Post. For additional information call (509) 458-2509

APRIL-2-SPOKANE: "Positive Interventions for Difficult Behaviors." 9:00 am-2:00 pm. Learn positive interventions for difficult behaviors for both adults and children, and why they lose control. Taught by Sherri Sly. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

APRIL 5-SPOKANE: "Diabetes Myth Busters: 9:00 am-2:30 pm. Taught by Tory Lucas, RN, CDE, CCRN.. Discuss common myths and misperceptions regarding diabetes. Review of diabetes, nutritional guidelines, exercise, the role of meters and medicines. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

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CALENDAR (continued)

APRIL 7-SPOKANE: "End of Life Care" 10:00 am-3:00 pm Taught by Hospice of Spokane. Caregiving from the medical, spiritual, psychosocial and bereavement perspectives. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room. 1222 N. Post. For additional information call (509) 458-2509

APRIL 8-SPOKANE: "Beyond Disabilities: Special Needs & Special Strategies" 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Explore physical, mental and emotional disabilities with special attention to autism, traumatic brain injuries, developmental disabilities, multiple sclerosis, obesity and mental illness. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room. 1222 N. Post. For additional information call (509) 458-2509

APRIL 9-SPOKANE: "10th Annual Nancy Rockwell Gala and Auction, An Evening of Elegance at The Davenport Hotel", 10 Post Street. Black Tie Optional. To benefit the Alzheimer's Association. For more information or tickets visit www.alz.org/inlandnorthwest or call (509) 473-3390

APRIL 10-SPOKANE: "The Uninvited Guest" 9:00 am-2:30 pm. Taught by Jean Rose, MS Society. Understand the multiple sclerosis process and dealing with the constant changes. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

APRIL 12-SPOKANE: "What Are Developmental Disabilities" 8:00 am-1:00 pm. Taught by Kelly Moore. Overview of six of the primary developmental disabilities and history of DD. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

APRIL 13-SANDPOINT: "Maintain Your Brain" Presented by The Alzheimer's Association at Luther Park at Sandpoint, 510 Olive Ave. 2:00-4:00 pm. Free and open to the public. You may call Luther Park at (208) 265-3557 or the Association at (208) 666-2996 for additional information.

APRIL 16-SPOKANE: "Caregivers Strategies for Challenging Behaviors" 1:30-6:30 pm. Taught by Joyce Tucker, LICSW. Learn non-judgmental emphatic and effective tools for use with conflicts and boundary dilemmas as well as dementia, schizophrenia, depression, anxiety and addictions. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room. 1222 N. Post. For additional information call (509) 458-2509

APRIL 17-SPOKANE: "Identification and Working with Individuals Who Have a Hearing Loss" 10:00 am-4:00 pm. Presented by Eastern WA Center for Deaf & Hard of Hearing. How to work with hearing loss and new technology. Sponsored by Aging and Long Term Care of Eastern Washington at the EWCDHH Building, 1206 Howard. 1222 N. Post. For additional information call (509) 458-2509

APRIL 19-SPOKANE: "Intro to Autism" This workshop will introduce and describe autism spectrum disorders, discuss challenges and provide overview of ideas and strategies to help providers offer effective care and support to individuals and families. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 20-SPOKANE: "Dealing with Aging & Down's Syndrome" Learning to work with a new aging population. Discussing medical issues, b <http://www.law.washington.edu/News/Articles/Images/Spokane-River-004>.



jpg ehavioral problems and frustrations as a caregiver. 9:30 am-2:30 pm. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room. 1222 N. Post. For additional information call (509) 458-2509

APRIL 21-COEUR D'ALENE: "Family Problem Solving With Elder & Dementia Caregivers: Handling sensitive topics and family dynamics. Speaker is Jonnie Bradley, CPM. 6:00-8:00 pm at Legends Park Assisted Living, 1820 N Legends Parkway, (208) 666-9900 Dinner is included, limited seating, RSVP required for this free seminar. To reserve your spot call the Alzheimer's Association at (208) 666-2996

APRIL 24-SPOKANE: "8th Annual Munch & Mingle Auction" Corbin Senior Center's Mardi Gras. Advance tickets are now available for \$25/ ticket, \$175 for a table of eight. Year after year attendees have raved about what a great time and wonderful food they had. Seating is limited. For information call (509) 327-1584

APRIL 24-SPOKANE: "Understanding Medications" 10:00 am-3:30 pm. Taking a look at disease specific pharmacological compounds, why they work, common side effects and what to watch for as a caregiver. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room. 1222 N. Post. For additional information call (509) 458-2509

Send us your event pictures!

CALENDAR (continued)

APRIL 26-SPOKANE: "Special Diets" 8:00 am-1:30 pm. Taught by Lynn Jones, RDT. Explore menus for clients on special diets with an emphasis on diabetes. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post.

APRIL 27-SPOKANE: "Fall Prevention" Taught by AJ Hutsell, Spokane Regional Health District. Learn risk factors for falls and steps that can be taken for fall prevention. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 28-SPOKANE: "Respiratory Problems" 3:00-8:00 pm taught by D Robinson, American Lung Association. Dealing with asthma, emphysema, COPD and respiratory issues as a caregiver. Looking at triggers and treatments. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 29-SPOKANE: "Autism Basics" 9:00-2:30 pm. NW Autism Center. Workshop will introduce and describe autism spectrum disorders, discuss challenges and provide overview of ideas and strategies to help providers offer effective care and support to individuals and families. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

APRIL 30-SPOKANE: "Challenging Behaviors". 8:00 am-1:00 pm by Kelly Moore. Taking a look at where behaviors come from and ways to respond as a caregiver. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 3-SPOKANE: "Kidney & Liver Functions" 9:00-2:00 pm by Sherri Sly. Review of their functions, disease, dietary considerations, treatments including transplantation. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 8-SPOKANE: "Stress Management" 9:00 am-2:30 pm by Wendy Wable. Learn how to control stress and anxieties. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 10-SPOKANE: "Diabetes Basics" 9:00 am-2:30 pm by Tory Lucas, RN, NDE, CCRN. Discuss types of diabetes, monitoring, diet, medications, treatment of low blood sugar and complications. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 12-SPOKANE: "History, Values & Resources for People with Developmental Disabilities" 9:00 am-2:00 pm Various speakers promoting resources for this special group of individuals. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 14-SPOKANE: "First Aid & Blood Borne Pathogens". 4:00-9:00 pm by Gary Beers. Learn how to provide basic First Aid and protect against blood borne pathogens. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509



CALENDAR (continued)

MAY 15-SPOKANE: "CPR (Adult, Child, Infant)" 8:00 am-1:00 pm by Gary Beers. Learn new ECC Standards and POLST form. Receive certification card upon completion. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 17-SPOKANE: "Advanced Diabetes" 9:00 am-2:30 pm by A Burton, RN, CDE. Review diabetes basics, different types of insulin, carbohydrate counting, hypoglycemia treatment/recognition, insulin pumps, continuous glucose monitoring and exercise. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center. 1235 N. Post. For additional information call (509) 458-2509

MAY 21-SPOKANE: "Lessons and Gifts of Dementia" 1:30-6:30 pm by Joyce Tucker, LICSW. Discuss specific behavioral, environmental and medication strategies to improve quality of life and safety as well as preserve dignity and freedom. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 22-SPOKANE: "Renewal First Aid and CPR" 4:00-9:00 pm by Gary Beers. Renew your cards. Learn new ECC Standards and POLST form. Sponsored by Aging and Long Term Care of Eastern Washington at the Jim Snider Room, 1222 N. Post. For additional information call (509) 458-2509

MAY 24-SPOKANE: "Cleaning Green" 4:00-9:00 pm by Sherri Sly. Using ordinary items to clean almost anything. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

MAY 25-SPOKANE: "Psychology of HIV" 4:00-9:00 pm by Kayleen Islam-Zwart, PhD. Living with HIV, associated mental health problems and impairments. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

MAY 27-SPOKANE: "Boundaries in Caregiving" 8:00 am-1:00 pm by Kelly Moore. Learn to set limits, and developing boundaries, personally and professionally. Sponsored by Aging and Long Term Care of Eastern Washington at the Caregiver Training Center, 1235 N. Post. For additional information call (509) 458-2509

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SUPPORT GROUPS

COEUR D'ALENE

MAN TO MAN: PROSTATE CANCER SUPPORT GROUP: Meets first Thursday of every month, 7-9 pm, Kootenai Medical Center classrooms, 20032 Lincoln Way, Coeur d'Alene. Contact: 208) 765-5020 or (208) 666-3828

NORTH IDAHO CANCER SUPPORT GROUP: For anyone touched by cancer at 1:00-2:00 pm Wednesdays, Lake City Community Church, 6000 Ramsey Rd, Coeur d'Alene. Contact: (208) 7723-5495

ALZHEIMER'S & DEMENTIA SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Saturday of every month 1:30-3:30 pm at Kootenai Medical Center main building, main floor classrooms. Facilitators: Arlene Sleight. (208) 772-2542

KELLOGG

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. Held third Wednesday of every month at 3:00 pm at the Wellness Center, 204 Oregon, West Conference Room (208) 556-1147 Facilitator: Aline Rohde, SSW (208) 659-6719 or Alzheimer's Assn. (208) 666-2996

POST FALLS

ALZHEIMER'S & DEMENTIA SUPPORT GROUP: For caregivers of those with Dementia, Alzheimer's and any related disorder. First Wednesday of every month at 12:00 noon. Lunch and location hosted by Guardian Angel Homes, 1070 E Mullan Ave., Post Falls. (208) 777-7797. Support group facilitator: Kent Moline, MSW Alzheimer's Assn. (208) 666-2996

MULTIPLE SCLEROSIS SUPPORT GROUP: For people with MS meets 11:00 am-1:00 pm on the second Monday of the month at Life Care Center of Post Falls, 460 N Garden Plaza Court in Post Falls. and includes a complimentary Lunch. Contact Bet at (208) 773-9372.

SANDPOINT:

DIABETES SUPPORT GROUP: Monthly support group features guest speakers who discuss various aspects of diabetes and self-management. Groups meet at Bonner General Hospital, usually the first Monday of each month at 10:00 am. Call (208) 255-3671 for more information.

GRIEF SUPPORT GROUP: Meets twice each month to share stories and feelings and support one another in an understanding and caring environment. An application is required, but attendance is flexible. Group members frequently find solace and comfort in the recognition that there are others going through similar experiences. Contact Bonner Community Hospice at Bonner General Hospital, call Kathryn Cook at (208) 265-1185. All bereavement services are free to residents of Bonner or Boundary counties.

ALZHEIMER'S SUPPORT GROUP: For caregivers of those with dementia, Alzheimer's and any related disorder. Third Wednesday of every month. 2:00 pm at Valley Vista Care Center, 220 S Division. Support Group Facilitator is Brian Casey (208) 265-4514

SPOKANE

AMPUTEE SUPPORT GROUP: Provides an opportunity to meet people, share experiences and concerns, enjoy special speakers and discuss topics important to amputees. People with amputations as well as friends and families are welcome to attend. First Wednesday of every month, 6:00-7:00 pm at St. Luke's Rehabilitation Institute.

BEREAVEMENT SUPPORT GROUP: Hospice of Spokane will facilitate a bereavement support group for anyone who feels a need to share and be heard. No fee. 3:00 pm on Mondays at South Side Senior Activity Center, 3151 E 27th. Contact: Eileen Lyons at (509) 456-0438

CANCER SUPPORT GROUP: March 2, 5:30-7:00 pm at Providence Holy Family Health Education Center, Room 6. Free, registration not required. Instructor is Beryl Anderson, RN, Med, OCN. Information: (509) 474-5490

DIABETES SUPPORT GROUP: First Tuesday of each month from 6:00-8:00 pm sponsored by Providence Holy Family Hospital. For information and locations call (509) 232-8145

GENERAL GRIEF SUPPORT GROUP: *Any loss through death.* Sponsored by Hospice of Spokane. Mondays 6:00-7:00 pm at Hospice of Spokane, 121 S. Arthur St., North Side Group: Tuesdays, 1:30-2:30 pm at St Luke Lutheran Church, 9706 N division. South Side Group: Mondays, 3:00-4:00 pm at the South Side Senior Activity Center, 3151 E 27th. For additional information call (509) 456-0438

LIFE AFTER LOSS SUPPORT GROUP: For those who have moved through early grief and are ready to explore their life after loss. Sponsored by Hospice of Spokane, 121 S Arthur. Call (509) 456-0438 for information and paperwork before attending. This group requires commitment to attend regularly.

MULTIPLE MELOMA SUPPORT GROUP: Meets the fourth Monday of each month, 5:30 pm., Cancer Care Northwest, 601 S. Sherman St. Contact: Dan or Vicki Jones (509) 596-2838

SUPPORT GROUPS (continued)

MULTIPLE SCLEROSIS ASSN. OF AMERICA: Meets the second Monday of the month, 10:30 am-Noon at Valley Senior Center, 2426 N Discover Place. Call Helen Anderson at (509) 921-5608

MUSCULAR DYSTROPHY ASSN: Offers free support groups for individuals and their families affected by neuromuscular diseases, including muscular dystrophy, myasthenia gravis, spinal muscular atrophy and amyotrophic lateral sclerosis, second Thursday of the month, 3-5 pm, 140 S Arthur St, fifth-floor conference room. Call Audrey Burr (509) 533-5470

SPINAL CORD INJURY SUPPORT GROUP: Provides supportive environment and opportunities to meet other individuals with spinal cord injuries, share experiences, participate in social activities and inquire about new medical advances and therapies for SCI related issues. Fourth Wednesday of every month, 1:00-2:00 pm at St. Luke's Rehabilitation Institute.

SPOUSE GRIEF SUPPORT GROUP: Loss of a spouse through death held Wednesdays from 1:00-2:15 pm at Hospice of Spokane, 121 S Arthur St. Open to everyone at no charge. Contact: (509) 456-0438

STROKE SUPPORT GROUP: Provides education, peer support, special events and social networking for stroke survivors, family, friends and caregivers. Third Thursday of every month, 3:00-4:00 pm at St. Luke's Rehabilitation Institute.

...continued from page 1

Similarly, gardeners eager to get their hands in the dirt can be limited by pain that crops up with the repetitious motion involved in tilling, preparing beds, digging and planting. For people suffering from CTS, whether they are gardeners, tennis players or otherwise, supportive gloves can provide the relief they need. One example, IMAK's SmartGlove, features a comfortably flexible support splint that keeps hands in a good position without being stiff, and helps to relieve or prevent carpal tunnel syndrome. It's ideal for active lifestyles because it is breathable and washable, and it's an effective non-surgical treatment of carpal tunnel syndrome.

According to the Mayo Clinic, exercise is an important part of dealing with back pain. Not only does it strengthen the muscles and joints, but it can stretch contracted muscles, improve posture and even help protect against injury by improving your overall fitness.

Another health problem that exercise can positively affect is arthritis. When you go outside and start being active this spring, you can help your arthritis with activities like tai chi, strengthening exercises and cardio exercise that get your heart working. It's recommended that you protect your joints by warming them up prior to exercise, and by being gentle on your body - starting out too hard and fast can cause problems.



Don't resist the urge to soak in the sunshine because of pain and discomfort this spring. Not only is getting outside easier than ever with supportive therapies, but it's an essential part of living a healthier, pain-free life.

Courtesy of ARAcontent

Be sure you are listed in the next Senior Pages

Click Below to See

Senior News

SeniorPages.com

EMPLOYMENT

COEUR D'ALENE

RN/LPN: *A Aging Better Home Care.* Part and full time. Competitive wages, open schedules. Call Jan, (208) 777-0308

CAREGIVERS: *A Better Personal Care, Inc.* is looking for team players to join their employment who would like to make a difference in an elderly life or children with special needs and disabilities. Come and join our Team and make a difference in someone's life. Call (208) 664-6989 to schedule an appointment/interviews with one of our team players.

CAREGIVERS: *A Full Life Agency.* Providing quality home care since 1977. Positions available throughout the state of Idaho. Contact: 1-877-855-5433

CAREGIVERS: If you have a caring spirit and like to help others, you may have what it takes to be a *Comfort Keeper*. When you become a *Comfort Keeper*, you join a growing family dedicated to providing companionship, a helping hand, and other non-medical care for seniors and disabled in their homes. To learn more about becoming a *Comfort Keeper* call (208) 765-9511 or stop by our office at 820 Best Ave.

HOME HEALTH RN CLINICAL SUPERVISOR: This position requires management/supervision of patient care activities within the home care setting. Ability to use clinical resources to oversee patient intake, inquiries, and assess patient needs while maintaining staff scheduling and coordination of care. Must be flexible and work with all members of the health care team to provide supervision, clinical education and support to the nursing staff. Must have Idaho RN Nursing License and Home Health Experience. ADA, EOE, Drug Free, 401K, Medical Benefits, Salary DOE. *North Idaho Home Health*, CDA. (208) 667-7494

RN: Come join our team! per diem Medicad visits and opens. North Idaho Area. Current RN Idaho license required, benefits, flexible schedule. Contact *ResCare HomeCare*, 1015 W Ironwood Dr., Suite 101. (208) 665-5579

COLFAX

CAREGIVERS/NAR & NAC: *Family Home Care & Hospice* is looking for well-seasoned nursing assistants for Whitman, Spokane and Kootenai counties. Bonuses. Apply online at www.familyhomecare.org, in person at 1200 W Fairview. 888-682-8551

NAC/LPN/RN: *Whitman Health and Rehabilitation Center* has full time positions available on all shifts. Benefits. Call Cee Cee at 509-397-4603 or apply in person at 1150 W Fairview, Colfax

LEWISTON

CNAs: *Life Care Family Home Care.* Current openings. Benefits, flexible scheduling. Contact Lavona Ray, 208-798-800 x 130

LPNs/RNs: *Idaho State Veterans Home*, immediate openings for all shifts. Looking for dedicated individuals who are compassionate and enjoy working with the elderly. Contact: Diane McDonough, DNS, 821 21st Ave.

LIBERTY LAKE

LPN/RN/NURSING ASSISTANTS: Call Joan 509-893-9300. *Guardian Angel Homes*, 23102 E Mission Ave

MOSCOW

LPN/NOC: *Aspen Park Healthcare* currently has opportunities available. A Kindred Community. Interested candidates please apply online at www.kindredhealthcare.com, in person at: Aspen Park Healthcare, 420 Rowe St or call (208) 882-4576 for more information.

POST FALLS

SALES DIRECTOR: We invite a dynamic Sales Director to drive our sales efforts at *Garden Plaza of Post Falls*, the area's premier retirement and assisted living campus. Ideal candidate has prior senior living community experience, strong sales skills, ability to grow referral source relationships, professionalism and is committed to achieving excellence. Positive team environment, competitive compensation, 401(k) and the opportunity to serve seniors. Some weekends and evenings required. Send resume, cover letter and salary requirements to E. Sallis, Sales Director at esallis@centurypa.com or fax to (208) 773-3693

LICENSED NURSE OPENING:

Premier Assisted Living Facility. F/T evenings, benefits. Seeking a "special" Nurse for our "special" residents. Come join a great team! *Guardian Angel Homes*, 1070 E Mullan. (208) 777-7797, ext. 108

CAREGIVER: Experienced, compassionate, dependable, med assist, first aid, CPR to join a great team. All shifts avail. DOE. Apply at www.legacyhouse-assistedliving.com

ST. MARIES

PHYSICAL THERAPIST: *Panhandle Home Health*, a non-profit North Idaho state home health agency has an opening in St. Maries. For additional information contact Terri Kirking at (208) 415-5170 or email: tkirking@phd1.idaho.gov

CNA's/NA's: *Valley Vista Care Center.* Great opportunity for caregivers that are compassionate and reliable. Competitive pay and benefits. Please call 800-473-8814

EMPLOYMENT (continued)

SILVERTON

RN/LPN's: Passionate about your work? So are we. At *Silver Wood Village*, quality care goes beyond words; it's an everyday practice in caring for the 50 residents in our Christian community of care. We offer competitive compensation, sign on bonus and full benefits. For confidential consideration please call or stop by 405 W 7th St, Silverton, ID 83867 (208) 556-1147

SPOKANE

CAREGIVERS: *Addus HealthCare*. Flexible shifts. Positions available in Spokane, Colfax, Republic and Colville areas. Providing families with quality home care since 1977. Our programs are designed to help people remain safely in the comfort of their homes. Contact: (509) 326-1090 or 1-800-755-6210

ASSISTANT DIRECTOR OF

NURSING/RN/LPN/NAC: Full time. Competitive pay and benefits. Contact: Donna Hitchcock, *Alderwood Manor*, 3600 E Hartson Ave. 509-535-20781 www.LCCA.com

CAREGIVERS NEEDED: Great opportunity to work with a growing home care company. Competitive wages. *Assistant4U*, (509) 443-4949

CAREGIVERS: Flexible & compassionate Caregivers, immediate openings. Experience preferred. Contact: 509-9225027 or apply online at www.athome-care.com

RN/LPN/NAC: *Avalon at Northpointe*. 9827 N Nevada. 509-468-7000

CAREGIVERS NEEDED: Flexible schedules from 2 to 24 hour shifts Spokane and surrounding areas. Apply in person at *Beneficial In-Home Care*, 706 N Maple. 509-323-0390

ACTIVITIES DIRECTOR/LPN/NAR/

CAREGIVER: For assisted living and dementia facility. Apply at *Brookdale Park Place Retirement Community*, 601 S Park Rd. (509) 922-7224

REGISTERED NURSE: RN for a busy oncology practice. Must have strong patient assessment, pain and symptom management and computer skills and love oncology. Send cover letter and resume to Human Resources, *Cancer Care Northwest*, 5105 E 3rd Ave, Spokane Valley 99212

EXPERIENCED CAREGIVERS:

Full and Part time. *Care To Stay Home*. Call: (509) 340-1359. www.Caretostayhome.com

CAREGIVERS: Support the elderly with companion care in their homes. All shifts available. Training & certification. Opt. Benefits. *Family First Senior Care* 509-326-5525

RN/LPN: Evening shift, *Fairwood Assisted Living*, 312 W Hastings Rd. 509-468-0457

RN/LPN: *Franklin Hills Health & Rehab*, 6021 N Lidgerwood. 509-489-3323

CNA'S/LICENSED NURSES: Some full time days and evenings as well as part time. *The Gardens on University*, 414 S University. 509-924-4650.

RN: Full time. Flexible hours, make your own schedule. Apply to www.gentiva.com/jobs or call Carolyn at 509-327-5857

CAREGIVER/NAR: Full Time evening shift, Part time NOC shift, On-Call positions available. Must have a current WA state NAR or NAC. Fundamentals of caregiving, nurse delegation, CPR, First Aid, Dementia & Mental Health training and food handlers card. Competitive pay, evening/NOC shift differential.

Premium pay for on-call status. Comprehensive benefits package available for qualified employees. Apply at: 17121 E 8th Ave, Spokane Valley, WA 99016 or contact us at (509) 924-6161, fax: (509) 924-6166. www.good-sam.com.

CAREGIVER: Seeking caregivers for our Memory Care unit. Full-time and part-time. All shifts. Must be age 18 or over and have high school diploma or equivalent. Must pass background check. Contact: Molly Carlson at *Harbor Crest Retirement Community*, 3117 E Chaser Lane. (509) 443-8500

IN HOME CAREGIVERS: FT PT In home companion care, personal assistance, light housekeeping, transportation. Non-medical care. Must drive reliable car and pass background check. HomeHelpers. (509) 999-8440 www.HomeHelpers.cc

RN/MSW: Touching lives every day. "Compassionate, Quality Care" Come join our great team! Flex hrs., competitive wages, Health, Dental, 401k. Contact Debra Johnson, DNS, *Horizon Hospice* 509-489-4581.

CAREGIVERS: *Interm Healthcare* is seeking full and part time caregivers. Contact: Paula Sweeney, 1625 W 4th. (509) 456-5665. www.interimhealthcare.com

LN: LN is responsible for assessing the training needs of nursing staff and to develop, implement, evaluate and document staff development programs including General Orientation, Job specific Orientation, In-Service, and Continuing Education Programs for nursing department personnel. Apply in person at *ManorCare Health Services*, 6025 N Assembly. 509-326-8282. www.hcr-manorcare.com

SeniorPages.com

EMPLOYMENT (continued)

RNs/LPNs: Flexible schedules, benefits. Full and part time opportunities. *Maxim Healthcare Services*. Contact: 877-615-5678 chkyle@maxhealth.com

RN: Seeking shift candidate at our assisted living community. Candidates must be willing to fill in extra shifts as necessary, perform light housekeeping duties and be a team player. Serious and responsible applicants only. Contact: asstadmin@parkwayvillagealf.com

LPN: Work in a wonderful day program for elderly/disabled. M-F, 8:30-3:00, no holidays or weekends, full benefits. Pass meds. Routine medical & charting. Apply at *Providence Adult Day Health*, 6018 N Astor. (509) 482-2475 or e-mail resume and cover letter to Jim.Lippold@providence.org

LICENSED NURSES & NACs: On Call positions. We offer competitive wages and benefit package, state-of-the-art sub-acute and LTC center with aquatic program, strong team nursing approach, resident center philosophy and caring atmosphere. Please fax resumes to Connie Hartinger DNS (509) 444-2330 or apply in person at *Regency at Northpointe*, 1224 E Westview Court, Spokane. (509) 465-9900



CNA/NAR: Come join our team. In home care supplemental staffing. Minimum six months experience. Competitive wages. *ResCare HomeCare*, 505 N Argonne, Ste 202. 509-927-9111

LICENSED PRACTICAL NURSES: *Spokane Veterans Home* is looking for nurses and offer generous benefits including 11 paid holidays and annual sick leave. Each start at 8 hrs. monthly for FT medical, dental, life, LTD, with state salary schedule wages for dynamic, caring and dedicated caregiver for our skilled nursing facility. 2222 E Fifth. Call (509) 344-5777
LPN/RN/NAC: Shift rotating schedule, hire-on bonus. *Sullivan Park Care Center*. Apply in person or online. E 14820 4th Ave FT nights. Excellent benefits plan, shift differential. *Sullivan Park Assisted Living*, 421 S Adams Rd. Contact: Kristi Fridye 509-924-5555

IN HOME CAREGIVERS: *Visiting Angels* is looking for "Angels" to care for adults who want to remain independent in their own homes. We hire only the best so if you are caring, dedicated, and feeling the need to be needed please contact us. Contact Cindy Johnson 509-922-1141 spokanevisitingangels@hotmail.com

CAREGIVER MEMORY CARE/ HOME CAREGIVERS/RN/LPN: Full time positions, competitive wages, full benefit package. *Waterford on South Hill*. Apply in person or online. 2929 S Waterford Dr., www.waterfordspokane.com

KIEMLE & HAGOOD COMPANY

VACANCIES

COEUR D'ALENE

SENIORS & DISABLED: *Coeur d'Alene Manor* offers remodeled, spacious 1 bdrm apts. 62+ disabled. Rent based on 30% income, maximum income limits apply. Includes laundry room, community room, onsite parking, patios, balconies, and onsite staff. Central location and close to shopping. Pets welcome. (208) 664-6800 e-mail: cdamanor@verizon.net

AFFORDABLE FAMILY HOUSING:

English Village offers spacious townhouses with remodeled 1,2,3 bdrm. Rent is 30% of income; low and moderate income limits required. Features onsite staff, laundry room, onsite parking, community room, patios, playground and picnic area. Central location and close to shopping. (208) 664-4290 e-mail: englishvillage@verizon.net

HAYDEN

STUDIO AND DELUXE

APARTMENTS: Now available for assisted living. If you know of residents in need of assisted living we would love to be of service. Contact Bret Bloodgood, *Sylvan House*, 600 W Honeysuckle Ave. (208) 762-4097

POST FALLS

NEW FACILITY IN POST FALLS.

Garden Plaza of Post Falls offers the finest independent and assisted living facility in the area. Located in luxurious surroundings, we offer our residents the freedom to enjoy a carefree lifestyle. Monthly lease with no buy-in. Spacious apartments with a choice of restaurant style fine dining or casual bistro dining, fitness center, pool, beauty salon/barber shop, putting green, billiards room, internet cafe and more. Located at 545 N Garden Plaza Ct., (next to Wal-Mart), Post Falls. Visit our website at www.gardenplazapostfalls.com or call for more information. (208) 773-3701

VACANCIES (continued)

ASSISTED LIVING: *Legacy House*, currently has openings, to provide exceptional quality care for a loved one in need of assisted living or memory care. We are accepting private pay, Medicaid, VA and long term care insurance. Located at 1136 E Mullan Ave., the facility includes a library, computer stations, activities room and beauty salon. Tours are available. Contact: Kathleen (208) 773-8218. gail@legacypf.com

PULLMAN

OVERLOOKS BREATHTAKING

NORTHERN VIEW: A small-town attitude creates a family-like atmosphere at *Pioneer Square*, 220 SE Kamiaken. Each apartment home is equipped with a complete kitchen, wall to wall carpet, window coverings and air conditioning, Community room, computer lab, handicap accessible units, laundry on-site, pet friendly, utilities included. Catholic Housing Communities manages, preserves, and maintains affordable HUD Project-based Section 8 subsized units for lower-income seniors and persons with disabilities. Communities are staffed with property managers, maintenance, social service coordinators and part-time nurses. Contact: (509) 332-1106

ST. MARIES

ASSISTED LIVING APARTMENT

Available in peaceful St Maries., Enjoy beautiful scenery. Contact Sonya at (208) 245-4576 for more details about our assisted living community.

SPOKANE

1-BEDROOM APARTMENTS:

Comfortable. Appliances, non-smoking, close to bus lines. 62 and older HUD subsized. *Hillyard Plaza*. Call (509) 489-7271

BEAUTIFUL ONE-BEDROOMS: Also two studios available. *Sunset Views*. Includes three meals and snacks daily, daily activities, housekeeping and 24-hour staff. Our new wing now open.

Currently accepting Medicaid. Contact: *Parkway Village*, 509-443-0401 or 509-481-1881

MOVE-IN SPECIAL-UP TO ONE-

MONTH FREE: One & Two Bedroom Senior Apartment living. New facility just opened. *Vintage at Spokane*, 43 E Weile Ave. Contact: Carmen 866-686-4417

SPOKANE VALLEY

2-BEDROOM: Now available at *Courtland Place*, 1309 N Evergreen. Contact: 509-767-1552 or 888-767-1552

NURSING HOME VACANCIES:

Special rooms now available in our nursing home unit. *Good Samaritan Society*, 17121 E 8th. For information contact: (509) 924-6161, ext 114.

NEW UNITS OPEN:

Evergreen Fountains Senior Living Community, 1201 N Evergreen Rd. Now open and offering daily tours from 10-3. Contact: 509-922-3100

Are you confused by all of the information you are receiving about Medicare Advantage plans?



Do you need help sorting through all the plans to see if one is right for you? For FREE, NON-BIASED one-on-one assistance, come to:

Aging and Long Term
Care of Eastern Washington
1222 N Post, Spokane

Tuesday, March 9th, 2010

9:00 a.m. to 4:00 p.m.

You will be helped on a first come, first served basis.

For more information call:

Margaret or Kathy at 458-2509

SHIBA HelpLine is a program of the Office of the Washington State Insurance Commissioner and Aging and Long Term Care of Ea. Washington



VOLUNTEERS NEEDED

COEUR D'ALENE

Have you considered becoming a volunteer ombudsmen? Ombudsmen are advocates for residents of long-term care facilities. The primary goal is to advocate for residents' rights, quality of life and quality of care. Vulnerable elders need the voices of caring individuals to speak for them. Responsibilities include: Visiting with residents and acquainting them with the ombudsman program. Receiving, investigating and referring complaints made by or on behalf of residents., following up on concerns or complaints. Or more information about the program, the Sandpoint training, or future trainings in Coeur d'Alene, please contact Jan Noyes, Volunteer Ombudsman Coordinator, Area Agency on Aging of North Idaho, 2120 Lakewood Drive, Suite B, Coeur d'Alene, ID 83814. (208) 667-3179. jnoyes@aaani.org

Dirne Health Centers, a non-profit Medical Clinic in Coeur d'Alene, ID, are seeking volunteers to help in the office, at health fairs, at the clinic, in our retired medical facility. Contact: Amanda, 208-819-4520

ElderHelp would like to thank you for helping to meet the numerous and various needs that we have been receiving from our low-income seniors/without YOU, our volunteers, many of these senior's needs would go unattended. If you, or you know of someone who could help, please contact Sally at info@elderhelpofnorthidaho.org and we will connect you with the seniors who need your help.

HAYDEN

Applegate Hospice is looking for volunteers to help read to seniors, visit, go shopping, keep seniors company or simply become a friend. Contact: (208) 762-7825

POST FALLS

Auburn Crest Hospice has volunteer opportunities in the following areas: Companionship, Meal Preparation, Caring Touch, Caregiver Respite, Life Review, Community Relations, Letter Writing/Reading, Staff Support, Office Tasks, Event Organizing, Scrapbooking, Planning Memorial Services, Bereavement Calling and more. Contact Jennifer at (208) 773-7731. e-mail: Jennifer@auburncrest.com

SANDPOINT

Bonner General Hospital Auxiliary volunteers assist in various areas throughout the hospital, providing those special "extras" that make a meaningful difference in the lives of our patients. The auxiliary asks members to provide 25 hours of volunteer service annually. Its a wonderful way to make new friends and contribute to the good work of the medical community. If you would like to join the Bonner General Hospital Auxillary, stop by the information desk in the hospital lobby area and pick up an application.

Sandpoint, ID Valley Vista Care Services would welcome a committed, consistent and caring volunteer interested in indoor/outdoor walks, reading and friendly visiting with residents. We also have scheduled small and large group activities that offer a wide range of possibilities and life enrichment. Please call Selene at 208-265-4514 for more information.

SPOKANE

Corbin Senior Center is looking volunteers to help with their various programs. If you want to feel good and really make a difference in the senior community call Corbin Senior Center, W 827 Cleveland, (509) 327-1584.

Deaconess Medical Center & Valley Hospital & Medical Center: In addition to learning new skills, new ideas and making new friends, volunteering provides the rewards that

only come from serving others. As a volunteer, you are a valued member of our healthcare team. All it takes is a willingness to serve. For more information on volunteer opportunities as well as an application packet, log onto www.emmpirehealth.org and click on "Become a Volunteer." Or call: Volunteer Services Deaconess: (509) 473-3058 or Valley: (509) 473-5414 or e-mail: volunteers@emmpirehealth.org

Make-A-Wish Foundation of Alaska, Montana, Northern Idaho and Washington grants wishes to children between the ages of 2-1/2-18 who have life threatening medical conditions. Volunteers play a vitally important role in the delivery of wishes to eligible Children. There are a variety of volunteer opportunitis available. For more informaton contact www.northwestwishes.org. To sign-up and receive application materials email Volunteer Manager Jeni Miller at volunteer@northwestwishes.org

Providence Holy Family Hospital has many opportunities for volunteers. For information call Betsy Cain, Auxiliary Director. (509) 482-2253

SHIBA HelpLine: If you have basic computer skills and an interest in health insurance and the Medicare Maze, the SHIBA HelpLine is the place for you. It is free public service, offered and trained by the Office of Insurance Commissioner. Trained volunteers provide free, informed, and impartial health insurance counseling and education. You will learn new skills, make new friends and enjoy the rewards that come from serving others. For additional information contact Kathy Dugan at *Aging and Long Term Care of Eastern Washington*. (509) 458-2509, ext. 201

SeniorPages.com

VOLUNTEERS NEEDED (continued)

Retired and Senior Volunteer Program of Spokane County (RSVP) matches adults, 55 years and older with volunteer positions that fit individual interests, skills and availability. Contact: PO Box 208, Spokane, WA 99210 (509) 344-7787 www.rsvpspokane.org

Senior Nutrition Sponsored by Catholic Charities Spokane needs volunteers to assist with serving a lunchtime meal and provide socialization for low-income seniors. They also help with educational workshops and health screenings that are provided at the meal sites for seniors. The meal site at the Senior Center in Deer Park is open Monday through Friday, while the site at the Delaney Apartments in Spokane is open Mondays and Thursdays. For more information contact Tom Carroll in Senior Services at (509) 459-6175

Southside Senior Activity Center needs volunteers for the Nutritional Lunch Program on Wednesdays and Fridays each week to help serve lunches. Call Ron Beedles, Nutrition Manager at (509) 535-0803, ext. 0.

Spokane Valley Senior Center Assn. has a variety of things in which you could participate. If you are interested in checking out what's currently available give them a call at (509) 926-1937

Volunteer Chore Services is a program to help elders and adults with disabilities remain living independently through a network of caring community-minded volunteers of all ages. Volunteers provide a variety of in-home services that these individuals are no longer able to do for themselves. The hours are flexible and the work is simple. To volunteer contact: Senior Services, a program of Catholic Charities Spokane, (509) 459-6184

WHAT AN OPPORTUNITY!

You can send us your events seminars, announcements, employment openings, vacancies and anything for sale or trade and we will put it in the HOT SHEET Free!

send to:

Dale@SeniorPages.com

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on print editions of the

Senior Pages

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Spokane County

North Idaho

Wenatchee/Moses Lake

Tacoma/Olympia/South Sound

please call

Dale

888.575.9711

Bob

800.735.7258